



For information regarding
the **ShipShape** Program,
visit the **ShipShape** web
page at:
[www-nehc.med.navy.mil/
hp/Shipshape](http://www-nehc.med.navy.mil/hp/Shipshape)
or contact the
Health Promotion
Department at your local
Medical Treatment Facility.



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Areas of Focus for Successful Weight Management Programs

- Self-monitoring of progress,
including food diary sheets,
exercise logs and behavior
change assessment tools
and diaries.
- Goals that are set by the
individual.
- Preparation of the person
to deal with high emotional
and social situations.
- Development of problem
solving techniques.
- Increasing stress reducing
skills.
- Maintenance of continued
professional contact
through a structured
follow-up program.

All of these are included
in the
ShipShape Program!



Shaping The Future For A Healthy Lifestyle

An action-oriented
weight management
program focusing on
nutrition education,
increasing exercise,
and behavior
modifications skills
that support a
healthy lifestyle.

SHIP SHAPE

Program Goal

To increase the number of active duty who are living a healthy lifestyle and maintaining a healthy body composition.

Program Sessions

Session 1 Orientation

Overview of the ShipShape Program.

Session 2 Guidelines for Success

This session focuses on the importance of setting healthy, realistic short- and long-term goals. Weight management nutrition guidelines are included in this session.

Session 3 Nutrition Facts and Fallacies

Diet fads are discussed. Participants design a healthy eating plan that fits their needs.

Session 4 Move Your Body

The importance of exercise and weight management is discussed. Tips to motivate and handle obstacles to exercise are included in this session.

Session 5 Making Healthy Choices

The focus is on strategies for fitting healthful eating habits into a busy lifestyle. Topics include: ingredient substitutions, recipe modification, and tips for shopping and eating out.

Session 6 Building Your Support Team & Listening to Your Body's Language

Participants are assisted in identifying their supporters, how to ask for support, how to handle non-support, and the importance of body image and self-esteem. The Concept of "Conscious Eating" is introduced as a tool in satisfying physical hunger

Session 7 Stress Management and Emotional Eating

The focus is on emotional eating and the techniques that can be used to break the chains of emotional eating. This session also focuses on identifying sources and signs of stress and stress management tools to replace using food as a stress reliever.

Session 8 Long-term Success

Participants are given tips for continued weight loss and weight maintenance.